

Jayne Rountree Library
Lambda Community Center
Sacramento Gender Association Sacramento, CA

April 1997

1997 Board Members

Ava
Heather
Shante
Roberta
Trina

Please excuse the looks of this newsletter as we are still working out the bugs and using a wordprocessing program for this one only.

Hi Girls,

Well here I am again. I really didn't think I'd be on the board again but things happen. The new board has a lot of great ideas that I would like to see happen. Shante is putting on a show for the SGA as a fund-raiser. By the time this newsletter gets out it will have happened already so if you missed it, shame on you for not attending meetings to find out these things.

Joseph's will be moving in a few months so our meeting location will be changing. Hopefully the new place will have an area more conducive to holding regular meetings. Stay tuned for updates on the move.

Talking about newsletters, in the near future we will be adding photos to them. I will be taking pictures, but would also like snapshots of the girls, meetings, special events and so on from other members. I will have them screened so that we can Xerox them for the newsletter and turn them over to our editor for consideration.

The board last year kept the SGA going and this year we will try to make it grow some more. Talking about last years board, Linda Lee was not able to attend meetings very much because of her job. She has been working on Carousel and is now on-line. To access her home page go to www.snowcrest.net. Then highlight users. Under C you will find Carousel Corners with her catalog. The site is still under construction so bear with her during this time.

I would like to ask for the support of ALL our member to make this year better for all members and the new ones that we hope to attract. It won't happen unless we have your support.

Ava

Meeting Nights

April 19

April 26

May 10

May 24

**All at Joseph's unless
otherwise notified at 7 PM.**

Hello,

I would like to take this opportunity to personally thank everyone who believed in me and voted for me.

I will do my best to live up to the seat of Vice President that I fill. My goal is to bring local as well as national attention to our group. As well, I would like to implement many new special activities that would benefit us and be informative to others.

My ears are ALWAYS open for ideas from you all. You can call the S.G.A. information line to leave me a message and I will return your call. Or, you may submit an idea in writing to the board at any meeting.

I would also like to take this time to give our previous board a personal Thank You to each and every member. You did an outstanding job.
Shante

**Sacramento Gender
Association**

Blue Rose Chapter
P.O. Box 421
Sacramento, CA 95821
(916) 482-7742

The Sacramento Gender Association is a non-sexual, membership-based organization serving the educational, recreational, and fun needs of the gendered challenged community, their spouses, significant others, family members and professionals. Membership is open to all interested persons regardless of gender or sexual orientation.

A questionnaire is included in this newsletter. please return the filled out ones to the SGA at the above P.O. Box.

We are trying to find out what the wants and needs of our members are. We can not make changes to the organization if the members don't tell us what the want from the SGA.

It's Sunday the day after the first time SGA has had a function that benefited its treasury. The event itself raised \$470. This included fifty eight dollars from the fifty - fifty drawing won by Virginia who was also one person who regularly tipped the performers. By my estimate - the performers donated as much as fifty dollars to the door proceeds. One sore point was my action in turning away from the audience after drawing the winning ticket; I assure you it did not leave my hand. Another sore point was the lack SGA members tipping the performers. I know - most of us can not afford it, but if you expect the drag queens and others to continue to support us in events of this nature, we must make a show of supporting them; TIP!

Those of you who are also members of ETVC and /or RGA may have noticed a distinct lack of articles from me since I stepped down as president of ETVC almost five years ago. Will that change? See above. Thanks to last nights event, the SGA bank account is healthy. My plans include the participation of SGA at various CGNIE events including our second ever walk at any Imperial event (sorry, the first was at San Jose earlier this month) on April 26 (please call the hot line soonest if you want to walk so I can include you in the protocol). Yes, I know, that is the fourth Saturday of April, but most of us will be spending the twenty bucks at Turn Verein Hall that night, 3349 J street. Also plan on the fair at the

capitol building the second weekend in June.

Square dancing anyone? I plan on joining groups in this area (hopefully I haven't forgotten too much since my move from Sunnyvale.

love - trina martina.

**Please renew your
Membership and
show your support
for the SGA**

**On The Move
With Shante and the S.G.A.**

Well, where does a girl start? I guess the beginning is good. I will be writing a monthly update as to what I have been up to. Okay, only the good stuff! No juicy sex things! ha So here is my first installment.....

On Friday, February 28th, 1997 I met up with our very own, Miss S.G.A., Krystel Powers and Nicki, at their house. Our friend, Lisa, stopped by to visit also. We all enjoyed a girl-talk session, along with a movie called "Vegas in Space". You should all run out to your local video store and rent a copy. We lasted till late in the evening, however, the \$1.25 Krystel & Nicki were charging me every time I used the ladies room or ate something broke me quick! Just kidding ladies, they were super hostesses! I truly had a great time! Nicki made a

superb chicken Cacciatori for dinner. Girls, it was yum-yum good. Great job Nicki.

The next day we all got up early. We all went to lunch together, another \$1.25. ha ha We ate at Arby's. After lunch Krystel & I got all made-up and in our ladies travel wear. We put our evening clothes in the car, 5 bags worth, for our over nighter in San Jose. We got on the road and headed for the Hyatt in San Jose. We got a lot of looks along the way from motorists and truckers. We had a great ride down and was glad to see the Hyatt in front of us.

We checked in with Trina who happened to be working the Coronation.

We got our tickets and due to the late hour, we changed in the ladies room. We found our seats and watched the Coronation begin. It was really nice. We visited with people from other

cities. We went out into the lobby and waited to be announced, so we could go on the stage and meet the Empress and Emperor. So it sounded like this....."On behalf of the Sacramento Gender Association please welcome the newly elected Treasurer of the S.G.A. Trina. Then please welcome the 1st runner up in the S.G.A. pageant, Shante La Ray Michaels escorting Miss S.G.A. 1997, Krystel La Mae Powers.

It was great to finally be recognized as a true organization! So girls we've made it. We can only go up from here.

After Coronation we met with everyone at "Greg's Bar". We partied until 2 AM then went back to the Hyatt. I went to the room hopping.. I will just leave it at that. :)

The next morning, Sunday, at 9 AM, we got up

to prepare to leave for home. We did, however, stop by "Hamburger Mary's" for lunch before getting back on the road. So girls, if you ever want to feel like part of something, join us at a Coronation. The next one will be at Sacramento in April.

We have some good news for you..... The court of C.G.N.I.E. has given three of our members the title of "Ladies in Waiting" They are Krystel Wittnie and yours truly. They also want us to walk for our group at their Coronation. So come out and show your support for S.G.A. and C.G.N.I.E. Until next time Shante

P.S. Krystel informs me that you may not be able to rent the movie "Vegas in Space". So, if not, for a small fee she will make anyone a copy. So see Miss Thing for one. See you all at the coronation.

MEMBERSHIP APPLICATION

LEGAL NAME		
PREFERRED NAME		
MAILING ADDRESS		
CITY	STATE	ZIP CODE
BIRTH DATE	TELEPHONE	E-MAIL ADDRESS

PLEASE NOTE: ALL INFORMATION ON THIS APPLICATION IS CONFIDENTIAL AND WILL BE KNOWN ONLY BY THE SECRETARY OF SGA

NEW MEMBERSHIP	
MEMBER ONLY	\$ 20.00
MEMBER & SO	\$ 35.00
PART YEAR - MEMBER	\$ 10.00
PART YEAR - MEMBER +	\$ 17.00

MEMBERSHIP RENEWAL	
MEMBER ONLY	\$ 20.00
MEMBER & SO	\$ 35.00

AMOUNT ENCLOSED

PLEASE SELECT PREFERENCES	
CROSSDRESSER	
TRANSSEXUAL	
TRANSVESTITE	
BI-SEXUAL	
HETROSEXUAL	
GAY	
LESBIAN	
UNKNOWN	
INTERESTED IN	
BECOMMING AN OFFICER	
CHAIRING A COMITTEE	
SPECIAL FUNCTIONS	
JUST FUN	

PLEASE REMIT BY CHECK or MONEY ORDER TO:
SGA PO BOX 215456, SACRAMENTO, CALIFORNIA 95821-1456

OPTIONAL INFORMATION NO SELECTION NECESSARY FOR MEMBERSHIP

NUCLEUS FOR HEALTH

Well its been months since my column has appeared in the newsletter and it is not from the lack of efforts. A lot of useful information has come my way over these months which I wanted to share with you. Not the least of which is the subject of plastic surgery and my six operation on March 13th. Many interesting columns will follow this year.

It takes a great deal of time to compose this column, and even in my busiest season I'm devoted to creating it for the benefit of my readers. This is my only "not so private agenda!" Bless the good sense our members in electing a new board which will "lead" our group again out from paranoid space, which so consumed our group's energy over the past year.

Perhaps you have hear on the news recently about the "new revelation" that the consumption of soy bean products such as tofu, soy milk, tempeh, and miso (which are high in protein, calcium and of course plant estrogen's) has been found to be beneficial for relieving the symptoms of menopause.

The news story continued with the fact the in the orient, where the soy bean is a large part of their diet, oriental women have little or none of the symptoms women in this country have during menopause. As this national news story continued, the most significant part was that the traditional medical worked admitted that natural plant

estrogen's are apparently beneficial to menopausal women. They stopped here with the explanation, but as my readers know there is more to the story. It is good to see that the mainstream news has finally picked up on this healthy way of hormonal therapy. I'll be doing an update on the columns I wrote last year on this subject soon, stay tuned for the rest of the story.

I ended my last column, which was on the subject of hair, with the fact that it is important to promote healthy hair growth by taking a strong combination of nutritional supplements, most importantly vitamin B complex, Vitamin C and Coenzyme Q-10 along with small amounts of Zinc and Copper.

Let's continue on this coarse of giving your hair what it craves. Protein, without the saturated fat, such as whole grains, fish, poultry, beans, and soy products (yes there is a connection with the first part of this column on the benefits of soy beans) gives your hair what it needs most, as hair is made of protein. Protein shampoos are a good source, however used alone they are not sufficient to supply enough protein to your hair. Thin hair and breakage are signs of a low protein diet and / or insufficient amounts of protein travelling to your scalp. It is possible to be fooled into thinking that you are consuming enough protein in your diet, but in fact due to preparation methods you may not be getting

the maximum benefits from you protein diet.

Cysteine, an amino acid, is a MAJOR component of the proteins in your hair. Eggs, Meat, and dairy products are good sources of cysteine. Since I eat little, it any, eggs and dairy products, two years back I started taking L-cysteine capsules, 1,000 mg daily, which is available at any health food store, I am extremely pleased with the results. Soon after taking L-cysteine I noticed my hair was much thicker with much less breakage.

I remember, back then, a visit to a business I frequented often over a eight year period. It had been several months since my last visit, and the two female clerks noticed immediately the difference in my hair. They wondered what I was doing to make my hair fuller. I knew then, that I was on the right track in taking these supplements.

Simply put, cysteine directs the proteins you consume to your scalp and hair, and if your diet is low in proteins this is most important. Even if you consume large amounts of protein, cysteine is needed, for it is like the glue which hold the protein to your hair.

(If you are diabetic or allergic to monosodium glutamate, do not take cysteine.)

Next month I'll have more information for healthy hair, till then good health and enjoy your life!

Tina Louise

JOSEPH'S
town & country
BAR AND RESTAURANT

3514 MARCONI AVENUE
(JUST EAST OF WATT)
SACRAMENTO, CALIFORNIA
(916) 483-1220

OFFICIAL MEETING PLACE FOR THE
Sacramento Gender Association